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the cafe
winner
will receive
\$100 dining card...
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big fun
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WEDNESDAY SEPTEMBER 22, 2014

CONESTOGA COLLEGE, KITCHENER, ONT

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40th ISSUE - NO. 18

Soccer team looks to rebound

Men's team off to rough start; women's team more successful

BY CAROLAN BUCHHEIT

The Conestoga Gardens women's soccer team began their season last night against St. Clair at the home opener at Woodside Park in Kitchener on Sept. 18.

The Gardens got off to a great start, striking first in the seventh minute of play. After great defensive play by the Gardens, Conestoga instead seemed to take the lead into the second half until St. Clair scored in the 43rd minute to tie the game.

A hard fought second half ensued, with Conestoga winning the lead in the 75th minute with a goal by rookie midfielder Talene Oyar. After this the match became rough and yellow cards were issued to both teams. After another yellow card was handed out to the Gardens, St. Clair scored on the result, giving penalty kick to tie the match. In the 83rd minute, a second-half goal occurred when St. Clair scored a goal that defeated all of second-half play and the game concluding the contest.

In the second game of the season, Conestoga took on Lambton on Sept. 19. It was an exciting first half in which both teams had plenty of chances and end-to-end goals. In a close second half, Lambton scored the only

goal, securing the victory.

The Gardens played Niagara in their first road game of the season on Sept. 19. With some key injuries to a number of players, Conestoga's full talent 3-0 play into the second half.

"We started off slow and rolled forward," said Daning. "We had a weak first half and had two injuries."

However, the Gardens could not go quickly and claimed back in the second half with two goals of their own. But, last third was again a loss for the Gardens after a missed penalty kick sealed the comeback and ended the 3-0 victory for Niagara.

The women team also played games Sept. 17 and 20 and have three games left. The season to turn their playoff destiny around.

"The quality of teams is a lot better than last year," said Mike Brown, head coach of both men's and women's varsity soccer teams, about the opponents this season.

The last home game the Gardens have is Sept. 20 at Woodside Park in Kitchener.

The Gardens women's soccer team has had a more successful start to the season after playing in a 1-1 draw against St. Clair. The women have won two straight, leading Lambton 3-0 and Niagara



Photo by BY CAROLAN BUCHHEIT

Players struggle for possession. From across the top during a men's varsity soccer game against St. Clair at Woodside Park in Kitchener (Sept. 18). The Gardens is 3-0.

3-0. They are sitting with seven points in the standings. "I think we're going to make

playoffs. It would be nice to finish first or second so we don't have to play Niagara.

College. They're practicing on a warm-up field, and Niagara

Get ready to evacuate as fire drill coming soon

BY CAROLAN BUCHHEIT

Conestoga College - being an establishment as large and constantly growing as it is - has many working parts and systems and practices that ensure everything runs smoothly no matter what happens. One of the most important programs within the college is the fire safety program.

Albert Anzalone, a Security Services staff member, is responsible for the fire safety program within the school. He oversees the testing of the fire alarms and explains that, once with

month, this is also responsible for the fire drills and maintaining the fire warden program - a part of the fire safety program that involves volunteers leading classes during a fire.

Each year the college participates in two drills: one in late September or early October depending on weather and one in April. These drills ensure that students and faculty can safely and quickly evacuate the school in the event of an actual fire. According to Anzalone, the most recent drills saw full evacuations in three minutes, a minute faster than previous drills.

Special procedures are taken during evacuations for those with disabilities. These are assigned, both seats on each floor that those with disabilities can go to in the event of a fire or fire drill. There are cameras monitoring the safe zones and photos taken that so that it can be easily determined if anyone is occupying them.

Although the procedures taken for people with disabilities, there are also measures taken to ensure that no one is left behind. As part of the fire warden program, faculty around the school have volunteered to take the profes-

sional and emergency assigned persons to the anyone who either has a disability or cannot take the event of a fire. Once the warden completes the task of ensuring that everyone they report to the chief has been another volunteer who follows all the evacuation and passes them to Security Services and the fire department.

Fire safety is taken seriously and anyone caught pulling a fire alarm or a prank will face a disciplinary hearing with the non-president of student officers. On top of that, the head fire department could get involved.

because they respond to fire of some coming from the school.

As the school is undergoing development, it was the safety program. Conestoga has been striving for the fire department to the school to help evacuate the quality of the college's fire safety programs. They have been brought on to find flaws and suggest any improvements that could be made to the current systems in place.

"We are always looking to improve it as an ongoing program that is constantly changing," Anzalone said.

Now deep thoughts ... With Conestoga College

Random questions answered by random students

**If I gave you \$10,000,
what would you spend it on?**



"A vacation."

Senior Elizabeth,
first year
premier girl

**"Half to charity and save
the other half for
the future."**

Michelle Stevens,
second year
premier boy



"School."

Olivia (Mistress),
first year
accounting, marketing and
information technology

"A nice car."

Vivian Lennons,
second year
business engineering
technology



"Buy stuff for my daughter."

Marcel Pineda,
second year
early childhood education

**"Helping family and friends
and get them out of debt.
Get myself out of debt as
well."**

Adam White,
second year
premier young



Have too many people taken a bite out of Apple?

BY HAN FENG AND NIKKI

Lately it's been a hot topic. Hackers have assumed control of personal iCloud accounts and distributed the private photos and information. People everywhere are now discussing whether or not Apple products are still safe to use. iPhones are popular with young adults, which has some college students

worried. One Conestoga College student worried about what would happen to her information if she was to switch to Apple.

"I would feel isolated, unloved and worry about future friends and getting through identity theft," said senior Brandon, a first-year

technology student.

When some students and faculty at Conestoga College were asked their opinions on Apple devices, most answered that they've recently heard a lot of rumors about Apple security and for some they are basing their opinions on these rumors.

"I was not with any Apple devices and do not use the Cloud, because I understand how these updates and downgrades work," said Janet Hagen, a Conestoga College IT service desk technician.

"Because of these rumors I will never use an Apple device even if it is for free."

Brandon, however, did not believe the product was entirely safe to leave

"There will always be hackers and it just takes a little time for them to find a crack in secure programs, especially if it is new," she said.

Hagen, shared concerns about the young adults who currently use Apple devices.

"I worry for the new generation to not

"I would advise consumers to do their due diligence and not purchase vulnerable devices such as Apple."

Although Hagen is not convinced about Apple's security features the iPhone 5 and iPhone 6 plus were released last Friday and if the popularity of the previous models are any indication millions of people will soon have their hands on the new smartphone.



PHOTO BY MATTHEW REINER

Senior D'Arcy, a cybersecurity specialist, talks with a student about her iPhone at Conestoga College's cafeteria. She is not concerned about Apple's security features.

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Drop in to APA INFO!

Learning Commons Doon 2A103

LEARNING
COMMONS
DOON 2A103

Food industry research a new college initiative

BY NATHAN FORD/STAFF WRITER

Advancing innovation in the food processing industry is an important initiative at Conestoga College.

It is also important to the Ontario food processing industry as a whole as they seek industrially innovative to come price in the global marketplace.

At a Conestoga Board of Governors meeting Sept. 15, members were updated on the initiative and were told the college is looking to create a research arm with help from Canada's Technology for Food.

The initiative is important to the college because the Institute of Food Processing Technology (IFPT) which opened in November 2002 trains students for the food and beverage industry the highest manufacturing sec-

tor in Canada. According to the IFPT's website there are more than 13,000 such companies in Ontario alone.

At the institute students receive such training as including, microwave, electrical and welding training and learn how to operate bakery, fresh vegetables and to manage production line equipment.

According to the institute website as part of the new initiative, need to ensure competitive the IFPT undertake an advisory innovation in the Food Processing Industry project which was funded by the Ontario Ministry of Agriculture, Food and Rural Affairs. There were three main objectives to the project.

1. Understanding the new status mechanisms currently in place in the industry
2. Developing a gap study

as that would identify what is needed (e.g. technical resources, funding) to encourage industry in Ontario to adopt an increased level of innovation.

3. Deliver a workshop to industry, government, and academia that explored how a system of open innovation, results and how a model food cluster could open such a system. (The workshop was held in 2005.)

As the Board of Governors meeting Barbara Penney executive dean of enterprise research and applied research at Conestoga said, "Currently we have a number of food processing educational programs and we're adding new ones, some significant new ones that in addition to that we will expand and do research through the Institute of Food Processing.

Canada's Technology for

Food (CTFF) was created as partnership with the City of Waterloo and the Kitchener area Ontario.

The program is paid according to the CTFF's website as to help food industry innovation who have small opportunities and challenges as well educate with promotion of knowledge, technical skills, and communication systems in education, innovation and research in food technology.

One of the research will look into the development of equipment for the food processing industry.

Most of it is currently produced in Europe, Penney said. "And there is an opportunity to potentially develop that plant in Canada, as that is something we will be exploring in the food industry along with implementing custom steel and products in

equipment. The college will also look at things such as food safety, food security and the opportunities they can offer. With food safety they are looking at identifying weaknesses. With food security they plan to look at what is actually in the food people are consuming.

There is a potential project out of the University of Guelph that has developed looking capability to map the production of various kinds of lamb, beef, pork and others said Barbara. Another area was done of the School of Health and Life Sciences and Community Services. "We really saw this opportunity as a strong link for our health side of environmental public health.

Penney said. "Ultimately we want to create an institute of industry research and culinary technology.



PHOTO BY JENNIFER BRANDER

Jennifer Brander, food services director at Conestoga College, is helping a "name the cafeteria" contest as it encourages students to come up with an exciting new name. A \$100 cash prize will be awarded to the winner.

Rename the cafeteria

BY JESSIE HENNING

Students who have a lightbulb may want to enter a contest to rename the cafeteria at Conestoga College. A food service contest will be awarded to the winning student.

Jennifer Brander, the food services director for Conestoga, which manages all the food services on campus including the main cafeteria and the nursery at the University Center up with the idea for the contest, after seeing the current name for the cafeteria, the Miss Gable and thinking it to be quite boring.

"We decided to let the students pick the name because one of the top suggestions

at this school is the student body. Brander said.

Students can enter the contest by writing down their name along with their own name, phone number and email address and placing it in the ballot box that is located next to the cash registers in the main cafeteria.

The contest runs until Sept. 24, giving students plenty of time to come up with names. So far about 55 to 60 students have put suggestions names into the ballot box.

"I think this is a great idea, and students worked this contest. We get to see how creative the students can get.

CONESTOGA TRAFFIC JAMS STRIKE AGAIN



PHOTO BY GUY LAWRENCE

Traffic at Conestoga is often congested in the afternoon, especially from 4 to 5:30 p.m. Above, cars are struggle to get out to the main road on Sept. 10.

CONESTOGA OFFERS MANY SERVICES

Student Michael Jones and his wife, Jennifer, advise him on the many services that Conestoga College offers. If you would like to learn about these services, visit the website www.conestoga.ca.

PHOTO BY JENNIFER BRANDER



Applied research program receives \$2.3m

BY KATHY PERRO

Conestoga College's applied research program is set to receive \$2.3 million over the next five years from Canada's Federal Economic and Employment Research Council (FEEEC).

The applied research department applied for the grant so students could reap the benefits of new state-of-the-art labs. The money will also pay for existing ones. The grant will also help establish the new Centre for Smart Manufacturing at Conestoga.

The university has been successful in securing grants for the past few years. Conestoga President John Harkin said the department has been successful in securing grants for the past few years.

Conestoga's applied research program is dedicated to finding enhanced solutions. The program involves many ways to get answers to problems more efficiently. It does so in health, data management, business and mechanical fields.

The \$2.3 million Conestoga received as the maximum amount that FEEEC grants to applied research. It is the first FEEEC grant the college has received and is an extremely prestigious one. The fiscal year 2020/21 year end, \$4.1 million in college grants from Canada.



FROM LEFT TO RIGHT: JORDAN CHARLTON, A THREE-YEAR MECHANICAL SYSTEMS ENGINEERING STUDENT; JEN KERRILL, COORDINATOR OF THE COLLEGE'S APPLIED RESEARCH PROGRAM; AND JOHN HARKIN, CONESTOGA COLLEGE PRESIDENT.

Also featured are electronic systems engineering students. Jordan Charlton, a three-year mechanical systems engineering student, Jen Kerrill, coordinator of the college's applied research program, and John Harkin, Conestoga College President, are standing with the grant money.

"These grants support applied research and will also ensure that facilities continue to evolve as well as technology transfer, adaptation and adoption of new technologies and tools. We're looking at ways to improve the quality of our research and the quality of our research and the quality of our research."

It wasn't just a matter of "ask and you shall receive." Conestoga's applied research program had to prove they had the capacity, resources, quality researchers, relevant programs and the knowledge to fully utilize the grant by being able to create opportu-

nities to make their students more employable.

"The new Centre for Smart Manufacturing will also provide our students with additional opportunities to develop the advanced skills that today's employers are looking for," said Conestoga President John Harkin in a press release.

According to the applied research department, the CEM will serve as a hub point for industry faculty, students and academic institutions as well as government and community partners. The CEM will focus on

high performance manufacturing and information and communication technology.

The grant won't just help the applied research program already. It will also help put Conestoga on the map. The facilities will be recognized and sought after as a destination for future engineering and trades students according to Harkin.

The new facilities are almost complete. Conestoga received the grant back in April and immediately began the planning and construction.

"We'll be opening up the lab over the next few months," Harkin said.

In the new applied research facilities is a 3D printing lab, 3D printers, and various things as simple as a bike to things as complex as tools for aerospace technology.

"To me, it's not just a lab here or a teacher here," Harkin said. "It's about a way in which a centre or a conference enables us to bring in any resources together and collaboratively."

The financial aid will ultimately help Conestoga faculty get an inside look into the work world. Help make Conestoga competitive and encourage maximum student employability and adaptability of these experts in a collaborative way to put Conestoga at the forefront of what's going on in the industry today and in the future.

Perrow said over 50 letters of support were sent to FEEEC. It is possible that some of these letters were sent to the government offices of the industry and other sectors.

"This couldn't have happened without the faculty here and the support of the community," Harkin said.

Applied research is about finding enhanced solutions and the department will undoubtedly be able to do so in a more efficient way with this grant.

Legend: Part of the Legend: The Legend

CAREER fair

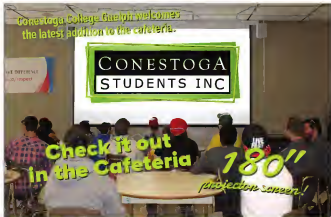
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partners4employment.ca





Construction as far as the eye can see

BY BETH CHURCH

En route en route to University Avenue morning on the highway it went, bound a couple of miles from the water. It was a traffic nightmare for motorists, but especially for the students trying to enter and exit Conestoga College's Waterloo campus parking lot.

Waterloo parking hours for the construction project are Monday to Friday from 7 a.m. to 7 p.m. Lane reductions have left University Avenue in front of the Waterloo campus with only one lane going in each direction.

Most classes as a result of the construction project have made it increasingly difficult to access the campus parking lots and a headache for anyone trying to pull out.

"Trying to pull out is a nightmare," said Jeremy Milford, a first-year culinary management student. "It takes half an hour to turn left."

"This turn to right is a big around to avoid closed roads," said Stephanie Foster, a first-year culinary skills class touring student.

However, not all students find the ongoing construction to be a problem.

Adrian Ballora and Mike Doyle both first-year culinary management students and mention they will be asked the construction hasn't impacted their commute, but Doyle admitted that the construction does make it hard to drive to school.

The Waterloo campus also admits concern as well, stating there that there was going to be construction along on where they occurred in classes, but other than potential signs indicating that construction will be completed sometime in late November, they have no idea when the construction will actually be finished.

Chad Hall, a first-year construction techniques program



PHOTO BY BETH CHURCH

Chad Hall, a first-year construction techniques program student at Conestoga College's Waterloo campus, looks at the ongoing construction on University Avenue on Sept. 10.

try student, summed up the general feeling of Conestoga's

Waterloo campus students by saying "The trouble I have to

go is a complete mess to get to the parking lot."

POND PARTY A ROCKIN' GOOD TIME



PHOTO BY MICHAEL BRILLAS FOR WPSJ

First-year culinary arts student is a crowd at Conestoga's students' Pond Party on Sept. 10.

In photo left, Chris Wessley, a computer science student, shows off his skills in the football game.

Poetry slams into your heart

BY MATT HOWELL

Walking into the backroom of the Candy Parlor on Sept. 13, I was instantly taken aback by the turnout. The Poems part of Cambridge has always been a hub for artists, but having a place to showcase their art had always been an issue, especially for a poetry slam that hadn't even attempted these before.

I paid my 10 and took a seat next to a couple and their little boy. He was more interested in the poem he was playing on a child's cellphone, but the poems were interesting in his part, who was behind the microphone. I stood around the room and saw that all eyes were set upon a young girl expressing hardship through words charged with emotion. I found out quickly that instead of rage and pain that happens at a music concert, when a slam poet says something you agree with you snap your fingers and applaud.

about things like "bag of pain." The topics seemed to fit all the parts. I had the pleasure of seeing men as diverse as the people saying their blood would flow death and an angry letter from mother earth were all discussed in great detail with concentrated rage and passion. You could feel it anywhere in the crowd and see that the feelings and opinions being presented had been thought, or experienced by the audience as well. There was nothing in agreement as the poets told their stories as their own unique ways. Some of these had to use the microphone due to a low and soft speech style, but the words they used and the movement behind those words made up for that entirely. Others could like those as they spoke of pain, rage, love, death to them, and love around them.

During a quick break, I was lucky enough to get to listen



Photo of Matt Howell

James Husted in which early started as he reads his poem at a poetry slam that took place on Sept. 13 at the Candy Parlor in Cambridge.

to them talk to each other outside. There were words of endorsement and hugs being thrown around with complete enthusiasm. I spoke to one young man named Jeff Husted who told me that this was only his second time

performing in a slam, but that he had been reading for over two years.

"The turnout was larger at the first slam, I seem to see that was in Rochester which has a larger scene," Cambridge said.

I found out more about poetry slams as one among them. I've been before. Did you know that there are poetry slam materials? Poetry slams seem to compete around the country in front of massive crowds. It appears to be a much larger scene than I could ever imagine. Just think, as people like the Husted seem to be Candy Parlor, that scene is now open again in Cambridge.

"There was a scene at Cambridge before, but the place shut down where they used to have it. It was and 'To be a part of a slam has you have to compete since a month is quite awhile. It's trying to be able to give them a place to do that." They

said.

Poetry slams have been going on for years. There was a time, however, that was used years ago to describe those poems of words but I like to call them verbal war-torn. It takes a lot of inner strength to get up on front of a crowd of strangers and tell your intensely personal story. The people who took part in this evening of laughs and tears seemed almost reborn after they spoke.

After I left the slam, I felt compelled to grab a pen and pad to get down some poems and ideas of self-expression. I think we could all use a place to get things off of our mind at times. Cambridge has a community in life and attending a slam could help you realize that you are not alone in those struggles. Be sure from your feelings to have your feelings stayed as you want to be there during the long night check out a poetry slam.

CHECK OUT SPOKE ONLINE FOR THIS WEEK'S VIDEOS



POETRY MODEL BY
You can have it your way and always fresh looking. Model and
and Tim Husted have become business partners. For more see
www.speakonline.com



Photo of James Husted

Technology has made it possible to create a modern scene online. At Cambridge College, technology has helped students in different ways. For more online check out the video at www.speakonline.com.



POETRY MODEL BY
You can have it your way and always fresh looking. Model and
and Tim Husted have become business partners. For more see
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Photo of James Husted

There are bucket challenges online. A video to get started with
my video for ALL students in Cambridge. For more see www.speakonline.com.

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Breathing slowly can reduce stress

BY GARY HENDER

Breathing is an automatic body function that, as it says, we have to go out of our way to stop our hands from doing what they're doing to do. The average adult takes about 13 to 16 breaths per minute according to George's Journal of Medical Physiology, signifying 10 to 16 minutes a day slowing your breathing down to about four breaths per minute can have surprising health benefits.

Deep breathing has been consistently linked to reduced stress levels, improved blood flow and resolution, increased alertness, heightened memory, secondary and faster recall, the peace of deep breathing is a popularity reflected in a mindfulness meditation. It has been the focus of Dr. Sher Tilvern since he retired from Governors College as a civil engineering instructor in 1980.

"If I ask my brain to achieve the thinking part, my cerebral cortex, during an automatic function, then I am able to be more thoughtful about everything I am engaging in part of the brain that is in a function and conscious thought. When we teach mindfulness we're really teaching you how to be," Tilvern said.

Breathing is the only automatic function over which we can exert control automati-

cally easily. Right now you are able to take a deep breath, breathe in slowly as air quickly to stretch a body at work. By manipulating this function and focusing on it, we are able to access a level of the brain that we normally don't use for simple functions.

The limbic system controls the body's response and emotions. When the nervous system highway runs up the spine to the brain the first thing that it hits is the limbic system. This is why we react with emotions (such as) then with a rational thought. By practicing deep breathing we are forcing ourselves to use our cerebral cortex, a relatively new adaptation in the evolution of life on this planet. The cerebral cortex is what allows us to have rational thoughts in to self aware to learn to grasp to access memories and to pray (emotion). When we use that part of the brain as our a function that is normally handled by the limbic system, we're giving access to processes we don't usually use for something as simple as taking in and letting out breath. Tilvern said all of his work and more in emotional connection that he provides to his pupils is either brought about in happening to them physiologically when they practice deep breathing.

Tilvern stresses information



PHOTO BY SHIRI MURDER

Dr. Sher Tilvern, founder of The Spiritual Heritage Education Network, is when deep breathing helps you in short-term thinking.

deep breathing and mindfulness meditation long before he founded Spiritual Heritage Education Network (SHEEN) in 1980. For years he worked on the lower coast of India and was pioneering education, even doing a study of such other "like" activities of all over the apparent interconnected of different religions to connect.

"People were being misled by believing in the wrong religion. I just think of a more unreasonable thing to be misled over," he said.

In his pursuit to find a more reasonable life, the former engineering instructor, start of 1980 and now teaches others about how to become more thoughtful through deep breathing. Part of the lesson is

avoiding such assumptions about the content of science that is to back up the practice of mindfulness. Tilvern also acknowledges the importance of a personal religious up on preventing people from pursuing a more thoughtful life.

"Each knows that if your brain is engaged then you are lost to them. You can't be being controlled."

NEW BUS ROUTES COME TO CONESTOGA



PHOTO BY SHIRI MURDER

Dr. Sher Tilvern's "Mindful 203" has been recently added to the roll on this go to Conestoga College. It leads to and leads from the 203, just off of King Street East, to the bus

Mindfulness for Mental Health project seeks to de-stress students with ASD

BY GARY HENDER

Conestoga College's mental health initiative has been granted \$20,000 to help students with autism spectrum disorder (ASD) adjust to post-secondary education.

The Ministry of Training, Colleges and Universities (MTCU) awarded the project to the Mindfulness for Mental Health project.

"Mindfulness has proven to be an effective program to help students with ASD adjust to post-secondary education," said Leanne Jones, the project manager.

Jones, Executive Director, Community Safety in the School of Health and Life Sciences and Community Services, said the project will help the project to help students with ASD adjust to post-secondary education. The project will help the project to help students with ASD adjust to post-secondary education.

The project, only offered at Conestoga College's Dean Campus, focuses on students with ASD, a disorder that causes difficulty with transi-

tion and focusing. Jones said students with ASD are "more likely than the general population to have more concerns going to college due to the difficulties with transition."

"Mindfulness training can potentially reduce negative thoughts..."

— Leanne Jones

"Mindfulness training can potentially reduce negative thoughts and rumination," Jones said. "It may decrease the likelihood that individuals with ASD may struggle with anxiety and depression."

"Mindfulness is a training strategy to teach students to be in the present, to help them focus and identify what they are experiencing."

"Mindfulness teaches people how to focus to deal with their emotions and thoughts in the

present moment and accept them as they are, and slowly learn to change students in the necessary and normal, particular stress program, well-recognized with Conestoga's past success in a research assistant.

The Centre for Mindfulness on Toronto's first point, was chosen as having mindfulness training for those with anxiety, depression and addiction problems. The centre is working with Conestoga to develop the program.

The rollout also met with community and counselling services, which are going to help with recruitment of students to the project. Conestoga students will also be helping out by providing the training.

Students begin Oct. 20 with one hour-long sessions running once a week for eight weeks. Students are not allowed to miss Mindfulness training to avoid to improve.

Registration classes on Sept. 20, but if the group doesn't fill up right away, the project will still accept applications.

**HOROSCOPE**

Week of September 22, 2014

**Aries**March 21 -
April 19

It's the beginning of the school year. Aries your enthusiasm will be greatly appreciated in the days to come.

**Taurus**April 20 -
May 20

Taurus, the more effort you may seem disappointed, but because that passionate thought and creative being patient and persistent.

**Gemini**May 21 -
June 21

Welcome back Gemini! Your energy and imagination will help you this week with your projects, but don't be too impulsive, make sure you think your choices through.

**Cancer**June 22 -
July 22

The cold weather will make you feel cozy and extra comfy Cancer. Try and focus your thoughts on a project you are working on. Go and see an old friend.

**Leo**July 23 -
August 22

Your confidence is shining brightly this week Leo. Your optimism will encourage others to be optimistic, but don't let that go to your head.

**Virgo**August 23 -
September 22

Be observant this week Virgo. Maybe you'll see something in your life in a different light.

**Libra**September 23 -
October 22

Your relationships will doom you if you don't make up your mind. Later! Try looking at your problems in a different way. It may bring you peace.

**Scorpio**October 23 -
November 21

Being patient can't get you anywhere at this point, change your tactic, be persistent and observant and your questions will give answers.

**Sagittarius**November 22 -
December 21

You're going on an adventure! Be sure to keep your eyes and ears open for opportunities.

**Capricorn**December 22 -
January 19

Your patience has been most helpful this week Capricorn, continue looking forward and you will gain great results.

**Aquarius**January 20 -
February 18

Your spirit does have paid off Aquarius, but don't be so stubborn and sure of your opinions, show some. Keep an open mind and open heart this week.

**Pisces**February 19 -
March 20

Your dreams will be bad for you this week Pisces. Don't jump outside ones if you don't want to, you might get some new and exciting ideas for the future.



Gears in the Zodiac make-up signs

Useless Facts

City with the most Rain: Dayton per capita. Hang it on.

The past tense of the English word "saw" is "saw".

Almonds are a member of the peach family.

Humans use a total of 35 different muscles in speech.

In every episode of Sesame Street, there is a Sesame song.

There have 5 eyes. There are 8 small eyes and the top of a cat's head and 2 larger ones in front.

Sudoku Puzzle

6	1	8	7	4	2	5	9	3
9	4	2	3	6	5	7	1	8
5	7	3	1	8	9	2	6	4
8	9	1	5	3	7	4	2	6
2	3	5	6	1	4	8	7	9
4	6	7	2	9	8	3	5	1
3	5	9	8	2	1	6	4	7
1	2	6	4	7	3	9	8	5
7	8	4	9	5	6	1	3	2

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box contains the digits 1-9 without repeating any.

Word Search**Back to school**

S	R	O	S	S	E	F	O	R	P	O	V	R	L	G	C	O	N	S	T	O	G	A									
T	R	A	N	S	P	O	R	T	A	T	I	O	R	K	F	C	L	A	S	S	E	S									
S	E	K	D	J	L	Z	L	V	C	H	O	L	V	T	O	T	R	A	N	S	P	O	R	T	A	T	O	R			
L	E	F	J	L	I	M	J	O	H	M	B	E	X	T	M	C	L	O	T	H	E	S	T	E	S	I	A	H	I	C	
A	I	R	V	S	H	K	H	B	M	O	L	L	O	R	C	O	F	E	E	S	E	S	E	S	E	S	E	S	E	S	
M	T	I	L	S	E	L	A	A	H	O	O	U	I	W	O	L	A	N	D	R	I	N	G	I	N	G	I	N	G	I	N
U	R	E	L	R	N	I	T	G	E	W	K	Z	L	E	D	L	I	N	E	S	E	S	E	S	E	S	E	S	E	S	
W	A	H	P	O	S	E	N	B	O	U	S	E	E	L	L	L	I	N	E	S	E	S	E	S	E	S	E	S	E	S	
A	P	O	C	W	L	O	J	M	B	T	A	U	W	S	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A		
R	S	S	T	N	E	M	N	G	I	S	S	A	H	N	V	T	O	N	E	L	S	E	S	E	S	E	S	E	S	E	
T	D	C	L	O	T	H	E	S	T	E	S	T	E	S	I	V	I	N	E	S	E	S	E	S	E	S	E	S	E	S	
N	D	T	G	R	T	A	G	L	F	R	G	J	N	L	Y	L	I	N	E	S	E	S	E	S	E	S	E	S	E	S	
I	C	O	S	E	S	K	R	O	W	E	M	G	H	O	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	
E	S	U	G	C	L	A	S	E	S	E	S	I	A	H	I	C	I	C	I	C	I	C	I	C	I	C	I	C	I	C	
S	H	O	R	A	D	E	S	U	N	H	C	N	U	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	S	L	
J	O	S	E	P	Y	R	O	N	A	L	Z	I	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	E	



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